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ACL Reconstruction Physical Therapy Prescription

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: Right/Left ACL Reconstruction with Patellar Allograft/Autograft, Hamstring Autograft/Allograft

Date of Surgery: \_\_\_\_\_

- \_ Evaluate and Treat – no open chain or isokinetic exercises
- \_ Provide patient with home exercise program

\_ Weeks 1-6 – Period of protection

- ◆Weight bearing as tolerated without assist by post-op day 10. Patients in hinged knee braces should be locked in extension when sleeping and ambulating until week 6. Patients in knee immobilizers may discontinue the immobilizer after 10-14 days.
- ◆ROM – progress through passive, active and resisted ROM as tolerated. Extension board and prone hang with ankle weights (up to 10#) recommended. Stationary bike with no resistance for knee flexion (alter set height as ROM increases).  
(Goal – Full extension by 2 weeks, 120 degrees of flexion by 6 weeks. )
- ◆Patellar mobilization, 5-10 minutes daily.
- ◆Strengthening – quad sets, SLRs with knee locked in extension. Begin closed chain work (0-45 degrees) when full weight bearing. No restrictions to ankle/hip strengthening.

\_ Weeks 6-12

- ◆Transition to custom ACL brace if ordered by the physician.
- ◆ROM – Continue with daily ROM exercises  
(Goal – increase ROM as tolerated)
- ◆Strengthening – Increase closed chain activities to 0-90 degrees. Add pulley weights, theraband, etc.  
Monitor for anterior knee pain symptoms. Add core strengthening exercises.
- ◆Add side lunges, and/or slideboard. Add running around 8 weeks when cleared by physician.
- ◆Continue stationary bike and biking outdoors for ROM, strengthening, and cardio.

\_ Weeks 12-18

- ◆Advance strengthening as tolerated, continue closed chain exercises. Increase resistance on equipment.
- ◆Initiate agility training (figure 8s, cutting drills, quick start/stop, etc.). Some patients may be cleared by MD earlier.
- ◆Begin plyometrics and increase as tolerated.
- ◆Begin to wean patient from formal supervised therapy encouraging independence with home exercise program.

\_ Modalities

- Electric Stimulation
- Ultrasound

Frequency: \_\_\_\_3\_\_\_\_ x/ week x \_\_\_\_6\_\_\_\_ weeks

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Ammar Anbari, MD